



Spencer Butte Challenge Course

City of Eugene Outdoor Program @ River House • 301 N. Adams St. • Phone : (541) 682.6324 • Fax: (541) 682.5319 • Web: www.eugene-or.gov/challengecourse

Challenge Course "Graduates" Talk About The Experience *Ten reasons to take the challenge*

Reach your full potential

"It filled me with happiness to see those less outgoing step up and become leaders and those who seem to always be in the spotlight realize that there are many others in our group who are capable of good ideas. It was amazing to see my friends overcome their fears and grow stronger on the inside!"

—Katie, Mapleton Outdoor School

Discover new skills

"What is so striking is that for both the adult mentors and the youth, the program provides opportunities to learn at a rapid pace. Whether it is in areas of self-confidence, leadership, trust, or communication, our mentors and youth gain many skills as a result of their experiences on the course. It is not an understatement to say that the ropes course is a defining moment of our yearly program. We consider the ropes course a priority, as well as a unique component of our mentoring program."

—Melinda, Committed Partners for Youth

Build a more effective team

"There is no doubt that the course challenged us physically and mentally. We left feeling we had accomplished something, that we knew each other a little better, that we appreciated each other more, and that we had uncovered some group strengths and weaknesses. It definitely established some groundwork for further strengthening of our management team."

—Dan, Public Works Director, City of Springfield

Achieve a common goal

"The course allowed me to realize how quickly and efficiently challenges can be overcome and problems can be solved when a group of dedicated individuals work together. It showed me the importance of planning and devising a solution before diving head first into the problem. It showed me the importance of thoroughly considering all ideas and that every member of a group can have valuable input to solving a problem. Lastly, the course re-affirmed my belief that communication between all parties involved is a very contributing factor to the success of the group."

—Corporate Participant, Dynamix, Inc.

(OVER ⇨)

Have fun

"The funnest day ever! I learned soooo much about myself...funny thing is- I've never felt safer than when I was harnessed up in a tree."

—Cassandra, Mentoring Works Youth Program

Learn what trust is all about

"The first thing the staff asked us was what does trust mean to you. Honestly I hadn't really thought about it that much...At the end of the course she asked us again, by then I could see it very clearly, I understood it, and I valued it more. To me, trust is being able to feel comfortable and secure with another person dealing with something that matters to you."

—Melissa, participant

Gain insights on leadership

"I learned that to be a great leader you must not only be able to speak, but someone who listens to the group as well."

—Ed, adult participant

Get to know one another

"In a single day, the challenge course brought together 25 kids and teachers who were strangers and helped them develop trust with one another, got them working cooperatively as a team, and gave them common stories to share and laugh about."

—Rachel, Willamette Valley Community School Instructor, Corvallis

Achieve more

"Many of the delegates learned that anything is possible by watching delegates with other disabilities succeed, for example the blind and the deaf delegates did not know how the wheel chair users would climb- the wheelchair users and the deaf delegates didn't know how the blind delegates would cross the catwalk without being able to see it- all until it was done. The overwhelming majority of delegates commented on what a new and amazing dynamic it was to have a staff that actually encouraged them when they were uncertain, rather than always having to be the ones to prove their abilities."

—Melissa, Exchange Coordinator, Mobility International USA

Feel safe and respected

"I appreciated your thorough preparation, attention to detail, and focus on our specific objectives. The session was well run and facilitation was professional. Although we were outside under the sun, you were prepared (plenty of cold water!) and stressed personal safety appropriately. Participants felt safe and respected at all times- a top priority when people are being challenged physically and mentally."

—Geni, Regional Trainer, Kinko's Copies

For more information, visit www.eugene-or.gov/challengecourse. To schedule your day at the Spencer Butte Challenge Course, call Robert Brack at the City of Eugene's Outdoor Program 541-682-6324 or e-mail robert.j.brack@ci.eugene.or.us